



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09159, Limes, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	88.26	5	0.877	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Energy	kcal	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	126	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	0.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Total lipid (fat)	g	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Ash	g	0.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Carbohydrate, by difference	g	10.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Fiber, total dietary	g	2.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sugars, total	g	1.69	--	--	--	--	--	--	--	--	Calculated or imputed	09160	05/2004

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Iron, Fe	mg	0.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Magnesium, Mg	mg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Phosphorus, P	mg	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Potassium, K	mg	102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Sodium, Na	mg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Zinc, Zn	mg	0.11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Copper, Cu	mg	0.065	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Manganese, Mn	mg	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Vitamins													
Vitamin C, total ascorbic acid	mg	29.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Riboflavin	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Niacin	mg	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Pantothenic acid	mg	0.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Vitamin B-6	mg	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Folate, total	µg	8	7	2.328	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	7	2.328	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	5.1	--	--	--	--	--	--	--	--	Calculated or imputed	09160	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09160	05/2004
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	09160	05/2004
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09160	05/2004
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09160	05/2004
Vitamin A, IU	IU	50	--	--	--	--	--	--	--	--	Calculated or imputed	09160	05/2004
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09160	05/2004
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09160	05/2004
Vitamin E (alpha-tocopherol)	mg	0.22	--	--	--	--	--	--	--	--	Calculated or imputed	09160	05/2004
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	09160	05/2004
Lipids													
Fatty acids, total saturated	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
16:0	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Fatty acids, total monounsaturated	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
18:1 undifferentiated	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
18:2 undifferentiated	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
18:3 undifferentiated	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.003	10	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.014	10	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.002	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Flavonoids													
Flavanones													
Hesperetin ²	mg	43.0	--	--	43	43	--	--	--	--	--	--	--
Naringenin ²	mg	3.4	--	--	3.4	3.4	--	--	--	--	--	--	--
Flavonols													
Quercetin ²	mg	0.4	--	--	0.4	0.4	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

¹Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521

²Justesen, U., Knuthsen, P., and Leth, T. Quantitative analysis of flavonols, flavones, and flavonones in fruits, vegetables and beverages by high-performance liquid chromatography with photo-diode array and mass spectrometric detection., 1998 J. Chromatogr. A 799 pp.101-110